

HOOVER RECREATION CENTER

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
5:15 CYCLE Mike	5:15 CYCLE Mike	5:45 CYCLE Laurie Mayson	8:30 GENTLE STRETCH Beth Pool	5:15 CYCLE Mike	8:45 CYCLE/ FLEXIBLE STRENGTH Suki	
8:30 CYCLE MaryBeth	8:30 CYCLE Linda	8:00 YOGA Gay Horizon Room	8:30 ZUMBA Tressa/Beverly AR	8:30 ADVANCED STEP Beth AR	8:45 WEEKEND WAKE-UP Gay AR	
8:30 GENTLE STRETCH Beth HR	8:30 ZUMBA Pam AR	8:15 SENIOR PILATES Senior Center	8:45 CYCLE Cindy	9:00 EXERCISE II Senior Center	10:00 ZUMBA Pam/Beverly AR	
8:30 Cardio-Pump, Plyo, Resist Gay AR	8:30 YOGA Stacy Horizon Room	8:30 M.A.X Christie AR	9:35 BODY SCULPT MaryBeth AR	9:35 YOGA CORE CHALLENGE MaryBeth HR	10:15 YOGA Suki Horizon Room	
9:00 EXERCISE II Senior Center	9:45 BODY SCULPT Beth AR	9:10 PILATES Stephanie HR	10:30 TONE, BALANCE STRENGTH Sr. Center	10:30 SR EXERCISE I Senior Center		
9:40 POWER YOGA Gay AR		10:30 SR EXERCISE I Senior Center		11:00 CYCLE Kathy		
10:30 YO-LATES Stephanie HR		11:00 CYCLE Laura F.				
10:30 SR EXERCISE I Senior Center						
11:00 CYCLE Laura F.						
AFTERNOON / EVENING						
4:45 BOKWA/PUNCH STRIKE Beverly AR	4:30 CYCLE Suki	5:00 CARDIOLATES Juleigh/Bill AR	5:00 ABS Randy AR			3:00 CYCLE Valerie/Theresa
5:00 PILATES I Juleigh Horizon	5:00 ABS Randy AR	6:00 CYCLE Suki	5:30 FINAL CUTS Randy AR			
5:45 CORE TO THE FLOOR Suki AR	5:30 FINAL CUTS Randy - AR	6:00 YOGA Paige Horizon Room	6:35 ZUMBA Suki AR			
6:00 CYCLE Penny	6:30 ZUMBA Beverly AR	7:00 CORE TO THE FLOOR Suki AR	6:35 CYCLE Jeff			
6:00 YOGA Paige Horizon Room						
6:20 TOTAL BODY CHALLENGE Suki AR						

EFFECTIVE FEBRUARY 2015

HOOVER

GROUP FITNESS CLASS DESCRIPTIONS

ZUMBA This class combines Latin music with salsa, meringue, and other dance moves for a fun cardiovascular workout. It is great for strengthening the abdominal area. Come join the party!	ABS This class is designed to tone and strengthen the abdominal area. Instructors will take you through 30 minutes of solid abdominal work that guarantees to bust your gut.
GENTLE STRETCH Low-no impact class with or without the use of chairs. This class involves no floor workouts, so no worries about having to get up. Light weights and bands will be used.	M.A.X. HI-LO A Maximum Aerobic Expenditure class designed to burn maximum calories by combining a hi-lo impact aerobic class with intervals of strength training.
CORE TO THE FLOOR (30 minutes) Plank, plank, and MORE PLANK! This class will focus on core work, back, and other large muscle groups. It will be a challenging workout, come prepared to work!	ADVANCED STEP Come and burn some calories with this fun class. This hour consists of a <u>high choreographed</u> class with an advanced sequence of movements of motion and form on the step.
CARDIO-STEP A challenging yet fun class that will take your heart rate close to an anaerobic state and then bring it back to recovery working phase. The frequent starts and stops of interval training using the step allow the body to increase the amounts of stress it can handle, improving recovery time.	YO-LATES A blending of Pilates and Yoga. Improves balance, core strength, and flexibility. The last 10-15 minutes will have relaxation techniques to finish. <u>This class is a 75 minutes class.</u>
FINAL CUTS This unique class of science-based body sculpting techniques will combine weights, rubber resistance, balls, and bands to optimize muscle conditioning efficiency. This class provides strenuous yet fluid movements that simultaneously improve muscular strength and endurance for a complete body workout.	PILATES I One hour class for beginner – all levels. This class is a traditional class of Pilates going thru a series of exercises and breathing techniques.
CYCLE An indoor studio cycling class. This class is designed for any fitness level, beginners thru advanced. You set your own pace! Experience rolling hills, mountain climbs, or flat fast courses. Set to great music for a quad-burning good time! Pick up a cycle ticket at the Welcome Center desk no earlier than 30 minutes before class start time. Please be early or on time or also.	PILATES Fitness based (75 minutes daytime class) mat classes will cover the basic principles and traditional exercises of Pilates. You will learn correct body alignment and technique, appropriate breathing, muscle control, body and postural awareness, how to engage the core muscles that support, strengthen, and stabilize the spine and pelvis, and how to coordinate breathing with movements. The progression will include modifications and more challenging versions of each exercise.
BOKWA Punch & Strike Everyone can do BOKWA! BOKWA Punch & Strike is loaded with intensity. This is serious power and strength for men and women. Bokwa Punch & Strike combines the Bokwa rhythms of today's popular music with structured steps that will take you on a journey that will make your heart race and your muscles fire like never before. It is completely addictive to do and to watch.	CYCLE – FLEXIBLE STRENGTH This <u>hour and fifteen minute</u> class combines a fun-filled cycle ride with a program blending endurance, strength, and flexibility. Pick up a cycle ticket at the Welcome Center no earlier than 30 minutes before class start time.
TOTAL BODY CHALLENGE This class is a combination of cardio and strength. It involves interval training through cardio and weight training segments. May involve use of step for drills, weights, bands, and anything else to get a total body workout!!!	STEP INTERVAL Increase your cardio capacity while building lean muscle. Using the STEP allows you to work at a consistent level of intensity, maximizing your cardiovascular conditioning. Additionally, there will be intervals challenging muscle strength while building muscular endurance.
YOGA This dynamic class balances strength and stretches. You will learn flowing patterns and controlled variations of the different yoga postures to develop a powerful and graceful body.	BODY SCULPT Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.
SENIOR EXERCISE I (Gentle Aerobics) This class features stretching exercises, low impact aerobics, and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE).	YOGA CORE CHALLENGE Integrate the benefit of yoga with the advantages of muscle conditioning for a strong, well-aligned body. During class you will alternate a series of yoga postures with free-weight lifting. With these highly effective movements, you will release tension, loosen your joints, and develop strong, flexible muscles.
CARDIOLATES 30 minutes cardio session with step moves for increased heart rate. Last 30 minutes will focus on core building Pilate type exercises using up-tempo Pilates moves for muscle work, mixed with range of motion and flexibility moves. Enjoy muscle strengthening, gaining flexibility, and relieving stress!	YOGA (Saturday mornings- 75 minutes) Great class for beginners and intermediate level! This class stays to the format of traditional yoga; working through a series of posing. Participants will be working on flexibility, balance, and strength.
WWW (Weekend Wake Up Workout) This class includes a wide variety of cardio, step, weights, and abs. Great combo to start your Saturday off well!	CPPR (Cardio – Pump, Plyometrics, and Resistance) This class includes high/low impact aerobics, step, core, and muscle conditioning.
ZONE, BALANCE, & STRENGTH Good compliment to SENIOR EXERCISE I and II for any senior. An intermediate class for various levels of ability. (NO ADMITTANCE ONCE DOORS CLOSE).	SENIOR EXERCISE II (Aerobics Plus) This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. Participants are encouraged to bring a towel and wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE). <i>*If you are a new participant you must meet with the instructor prior to the class beginning to go thru an orientation.</i>